



The 10 Unwholesome Kammas



1. Harming life;
 2. Taking what is not given;
 3. Sexual misconduct;
 4. False speech;
 5. Malicious / divisive speech;
 6. Harsh / harmful speech;
 7. Gossip;
 8. Covetousness;
 9. Ill-will / hatred;
 10. Wrong view / delusion.
- BODY**
- SPEECH**
- MIND**



The 3 Evil Roots (Akusala-Mūla)



Emotional reactions (**tanhā**) are of three types:

- **Kāma-tanhā** – craving for sensual pleasures:
 - **Lobha**: Lust & greed for pleasures
- **Vibhava-tanhā** – craving for non-existence:
 - **Dosa**: Aversion & hatred towards displeasures
- **Bhava-tanhā** – craving for continued existence:
 - **Moha**: Delusion of self-centered existence



What is "Truth"

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If truth is one, and no second exists
Debates will never arise among folk
A variety of truths they themselves do form
Gurus therefore never speak of one truth

Ekam hi saccam na dutiyamatthi
Yasmim pajā no vivade pajānam,
Nānā te saccāni sayam thunanti
Tasmā na ekam samanā vadanti

Never was there a variety of truths

Other than sensations always in the world

Creating views using speculative logic
They speak of a duality: falsehood and truth

Na heva saccāni bahuni nānā
Aññatra saññāya niccāni loke,
Takkañca diṭṭhisu kapappayitvā
Saccam musāti dvayadhammāhu